

Year 10 Parent Information Evening

September 2023

Form Tutor Presentation

Key Reminders



- The Form Tutor is your first port of call. You can contact me via email.
- Attendance and punctuality are very closely linked to academic success and achievement.
 - a. Punctuality – All students should be in school by **8.20am** and be prompt for registration at **8.25am. It is our legal requirement to take the register at 8.27am.**
 - b. A minimum of 97% attendance is expected.
 - c. Absence during school time cannot be authorised unless there are very exceptional circumstances.
 - d. Requests for authorised absence must be made in writing in advance to the Head Teacher.

Key Reminders



- If your child has to leave school for a hospital, doctor or dental appointment, please fill in the absence form (which can be found on the website) and send to attendance@wallingtongirls.org.uk , giving 48 hours notice. We are unable to let a student in Years 7 – 11 leave school without prior knowledge as it is a safeguarding issue. Whilst not mandatory, cc.ing your daughter's Form Tutor &/or Head of Year keeps them in the loop.
- Please advise in your email whether your child is being collected by a parent or carer. If you are not collecting your child, **please give your permission for them to leave school on their own in the email.**
- Please do not send your children into school if they are genuinely unwell. It is more important that they recuperate at home. They will not be expected to work at home while they are unwell. If they are well enough to work at home, they should be in school!
- No student in Years 7 - 11 may go out of school during the lunch break.
- Being on time to lessons is crucial. Lateness to lessons now incurs at 30 minute detention.

Routines and Structure



- By now they should have some idea as to what works for them in terms of school routines, but it doesn't hurt to revise these at the beginning of a new academic year and a new key stage
- The key thing is having **structure and established routines** which they try to stick to as much as possible
- Academic achievement is important, but we want **healthy, happy, well-rounded** young people and having structure is important in achieving that.
- This will prove to be a challenging couple of years for both you and your children. We are here to support our students and their families.
- Simple, everyday routines and practices will have a huge impact on their general wellbeing.
 - eating regular meals- if possible, in a communal setting
 - going to bed at a regular time
 - taking some exercise on a regular basis
 - trying to limit screen time- especially for the crucial hours before bedtime
 - having a work schedule which allows for regular breaks (try the 'Pomodoro' system/info online)
 - engaging with them about school work and life.

What you can do to help



Exam Periods and Testing

- A. Tests and exam periods can be very stressful for students. Encourage your child to keep a positive perspective
- B. Your child's behaviour may be challenging during this time and they may push boundaries
- C. Ensure that your child is prepared for the test/exam. Talk through where and when it is, what they need to take, etc.
- D. Try to keep to routines and try not to introduce any instability unless it is absolutely necessary.
- E. After an exam, show interest & ask how it went, but don't insist on a long post-mortem.
- F. Focus on feedback not grades**

What you can do to help

The Big “S”

- A degree of stress is normal and actually necessary for successfully tackling life.
- If you or your child feels that they are becoming too stressed, encourage them to talk about the underlying issues.
- You know your child best so any **marked changes in behaviour** are worth checking out. These may include:
 - Difficulty getting to sleep or waking up
 - Tiredness
 - Poor appetite
 - Loss of interest in things they used to enjoy
 - Headaches and other unexplained aches and pains
 - Irritability and frequent angry episodes
 - Becoming quieter & less communicative
 - Trouble with emotional regulation, e.g. tears over a minor incident.
- Get them to focus on what they have achieved rather than what they think could go wrong. Teenagers love to catastrophise but try to get them to focus on the here and the now.

What you can do to help



Friendship Issues

- *Generally* fewer issues from Y10 onwards
- Put the issue into perspective; is this a falling out that can resolve itself or something more serious?
- Encourage your child to try and resolve minor issues themselves, sometimes having space and time away from a friend is all that is needed.
- Explain that sometimes we may lose friendships due to growing and changing, and this is not always negative.
- Communication with the school when necessary, through the tutor first.

Talk to us



- Communication is key
- Talk to your children, sometimes that's all it might take.
- But if you are worried, please talk to us.

AOB



- Do you have any Questions?
- Is there anything we can help with?